

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

In the news

Asian Pacific Islander Month to kick off with breakfast

The Asian Pacific Islander Committee will hold the month's annual kick-off breakfast Thursday from 7:30-8:30 a.m. at the enlisted club ballroom. The breakfast is continental-style, and the guest speaker will be Lt. Col. Janet Robinson, 82nd Dental Squadron. The cost is \$3.50 per person. Call Ms. Shirley Herwig at 6-3291 for more information or to buy tickets.

New AETC policy mandates driving with headlights

Starting Thursday, Air Education and Training Command Policy is to drive with headlights on during periods of inclement weather regardless of the time of day. For more information about safety policies, call the 82nd Training Wing Safety Office at 6-4149.

Bldg. 370 parking lot to be used for Special Olympics

Due to the upcoming Special Olympics to be held here, all cars must be removed from Bldg. 370's north parking lot by noon, May 2, for the Saturday event.

Recycling center to move to Bldg. 1121

The base recycling collection point that was previously located on Heritage Way (Motor Pool Drive) in front of the Heritage Center will move Thursday. The new location is in the east parking lot of Bldg. 1121, behind the enlisted club. Any recycling questions or comments can be directed to 82nd Civil Engineer Squadron, maintenance engineering section, by calling 6-2638.



Photo by Airman Jacques Lickteig

Second Lt. Brooke Brander, base public communication, and Ms. Ruth Learst, 82nd Communications Squadron visual information assistant, do a test run of Team Sheppard TV, which goes on the air Monday.

TSTV to go on air Monday

New television system to feature videos, ticker tape, slides simultaneously

By Ms. Lynn Gonzales

Base public communication

Sheppard's Commander's Access Channel, channel 14, will have a new look and new name Monday.

Team Sheppard TV will go on the air with a new television system to get information and news about the base and the Air Force, Navy, Marines and Army to the community 24 hours a day, seven days a week.

TSTV-14 will feature a five-quadrant screen that will allow slides to show concurrently with video and

ticker tape of key information. In place of the slide show that ran consistently on the CAC, viewers will see a divided screen with announcements running simultaneously.

The new channel will feature programs, including all military services news, base infomercials and national news broadcasts. When breaking news happens, broadcasts will interrupt regularly scheduled programming to let the community know about it.

A TSTV-14 viewer's guide will run in *The Sheppard Senator* each week. The guide will feature key program-

ing information about upcoming Services events, base activities and documentaries.

This week's TSTV-14 viewer's guide can be found on Page 3.

Televisions featuring TSTV-14 will be found in the dormitory areas, fitness centers, hospital, visitor's center and other high traffic areas on base. All those with access to base cable will be able to tune into TSTV, channel 14.

For more information about TSTV, call 2nd Lt. Brooke Brander, base public communication, at 6-7249.



Team Sheppard Training 2003



82nd Training Wing: 19,081 students trained to replenish America's combat capability
80th Flying Training Wing: 52 combat pilots trained for the NATO Alliance



Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

AAFES6-2211
AF suggestion office.....6-IDEA
AFI 36-2903 issues6-2984
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Facilities maintenance.....6-6524
Civilian pay.....6-4890
Commissary.....6-2750
Comm squadron6-5524
Dress and appearance.....6-2984
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South bowling center6-2170
Victim assistance.....6-7206
Base straight talk line.....6-4438



Photo by Ms. Sandy Wassermiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents Maj. Clifford Altizer, 366th Training Squadron, with the 2002 Air Education and Training Command Fuels Officer of the Year Award.

Charge for oil recycling

Question: I took several gallons of used motor oil to the base auto hobby shop for recycling. I was shocked when I heard there is now a \$1 charge to deposit the used oil. Why? There are other places that will take used petroleum products for free.

Answer: The auto skills center has a base oil accumulation point located on-site primarily for use by customers. The accumulation point is operated as part of the base civil engineer environmental program. The base pays a contractor to ensure proper disposal of these hazardous materials federal, state and local regulations.

Auto skills personnel cover nearly all of the manpower for security, cleanup of spills, responsibility for tracking and reporting criteria, and the associated paperwork cost. Based on state regulations, these costs can be recouped by automotive shops through fees to cover the cost of handling oils, other vehicle lubricants, batteries, rags, filters and other items that happen to be left for disposal. Our fees on base amount to \$1 per customer per stall. Our fee is a combination environmental and shop fee. It helps with manning, use of shop supplies, maintenance of our equipment and cleanup of the shop area. A check of local shops shows fees ranging

from \$1 to \$3 per visit. If you need further information, call Mr. Art Struckman, auto skills center, at 6-4110.

Base flower shop charging tax

Question: I've never been at a base where the flower shop charged tax. I would like to know why this base does. When I asked, they told me they could charge tax because they are not an AAFES facility. If they are not an AAFES facility, why do they wear AAFES shirts and have AAFES policies hanging inside their shop?

Answer: Thanks for the opportunity to clear up this area of confusion. The AAFES concessionaires are civilian-owned businesses and must comply with state tax laws. Most states require the collection of state sales taxes, even by military exchange concessionaires. The AAFES concessions are a part of AAFES, and they do display and honor AAFES policies. They also may wear AAFES name tags and certain AAFES shirts. AAFES has many different types of operations that fall under different rules and laws, but they are all part of the AAFES family.

Uniform code not enforced

Question: The base uniform code is not being enforced. I saw an airman walk out of the BX with no hat on her

head and an orange backpack over both her shoulders. She walked past a staff sergeant and a master sergeant and neither one of them said anything to her. I've seen this all over the base. As a retired service member, I don't feel it's my place to correct her.

Answer: You are exactly right - the staff sergeant and master sergeant should have said something to the airman on the spot. No excuses! I expect all wing personnel, regardless of their status, to help in the mentoring of our airmen. I have asked commanders and senior enlisted leaders to take a personal interest and ensure all personnel are following dress and appearance guidelines. To complement this endeavor, I have resurrected the "Sgt. Looksharp" weekly article in *The Sheppard Senator*. This article will also have phase tips for our non-prior-service airmen. The Command Chief has made dress and appearance standards a top priority under his watch. He will ask all enlisted members to set the standard and correct dress and appearance violations.

Birds

Question: I'm a mobilized reservist and have been living in Bldg. 240 since last February and may be there until February 2004. The accommodations

aren't bad, but there is one problem I really think the base needs to address; and this is the number of birds that frequent the trees near the building. The noise that the birds make is incredible, the entire area stinks because of all the bird droppings, and the sidewalks are just a mess. All of us have resorted to walking around the building to avoid the trees for fear of being "bombed." I'm not too worried about walking a little farther to get to my room, but it sure seems like it's very unsanitary.

The only responses I have gotten from anyone on base is that they have tried to frighten the birds off with blank CDs and other items hung in the trees. I can tell you that it has no effect on the birds. I have noticed that bright lights aimed at the birds, such as a flashlight, seem to aggravate them enough that they move away.

I guess my question is are there any plans to do something about this problem?

Answer: Thanks for interest in making "Team Sheppard" a better place to live for everyone. The birds do become a problem each year especially during their annual migration. We are looking at possible removal of some trees and moving their roosting areas. Our base agronomist is working with our grounds, entomologist and services personnel to reduce this problem.



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82nd Training Wing commander

Brig. Gen. Arthur Rooney Jr.

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Coming April 28

TSTV
TEAM SHEPPARD TV
CHANNEL 14

*At the click of a remote
Tune in today, Tune in every day*

TSTV
TEAM SHEPPARD TV
CHANNEL 14

Beginning Monday programming will run 24 hours on TSTV Channel 14. Check out the detailed schedule at www.sheppard.af.mil/82trwpa.

Daily Programming

Sheppard Today

6 a.m., noon, 5 p.m.

Air Force News

6:30 a.m., 12:30 p.m., 5:30 p.m.

Navy/Marine News

8 a.m., 2 p.m., 7 p.m.

Army News

8:30 a.m., 2:30 p.m., 7:30 p.m.

Monday

7 a.m. Dr. Jim Lundy: Communicating for Understanding

9 a.m. Ms. Susie Luchsinger: Life in the Military

10:30 a.m. The Sound of Freedom: The Berlin Airlift and the General Who Changed History

4:30 p.m. The Mission: The History of the Air National Guard

10:30 p.m. African Americans in WWII: A Legacy of Patriotism and Valor

Tuesday

11 a.m. 50 Years of the UCMJ

1 p.m. Communicating for Understanding

3 p.m. Life in the Military

9:30 p.m. The Sound of Freedom

10:30 p.m. African-Americans in WWII

Wednesday

5 a.m. The History of Air Mobility

10:30 a.m. The Sound of Freedom

6 p.m. Communicating for Understanding

8 p.m. Life in the Military

10:30 p.m. African Americans in WWII

Thursday

5:30 a.m. 50 Years of the UCMJ

7 a.m. Communicating for Understanding

3 p.m. Life in the Military

9:30 p.m. The Sound of Freedom

10:30 p.m. African-Americans in WWII

To make suggestions or submit a unit video to TSTV Channel 14, call 6-2732 or e-mail TSTV@sheppard.af.mil.

82nd TRG launches new course

**By Airman 1st Class
Pamela Lampert**

Base public communication

The 82nd Training Group's new Maintenance Course for Operational Commanders began its first class here Monday.

The class is comprised of 11 students, all rated lieutenant colonels who have been selected for command positions in operational flying squadrons.

"The course is designed to teach flying squadron commanders the capabilities and limitations of aircraft maintenance organizations that support them in producing combat capability," said Lt. Col. Montgomery Deihl, MCOC developer and instructor.

The main focus areas of the course include maintenance management, fleet health management, sortie production, resource management, munitions and weapons, flying operations-aircraft maintenance teamwork, and workforce management.

The course uses a variety of classroom lessons, speakers and site visits to teach these concepts.

MCOC will be offered 12 times per year, with each class scheduled to have 12 students.

Each class will be two weeks long.

Gen. John Jumper, the chief of staff of the Air Force, directed the development of the course, said Lieutenant Colonel Deihl. It is also the only course taught at Sheppard in which the general made a video to personally welcome the students on the first day of class and explain to them why the course is important for them.

"It was General Jumper's idea to teach the course at Sheppard," said Col. Joseph Seawell, 82nd TRG commander. "Where better to teach a maintenance course than right here at the 'aircraft maintenance university of the Air Force'?"

Colonel Seawell said he is confident this course will help operational commanders be better equipped to understand the complexities and requirements of aircraft maintenance management.

He also noted, "It is a honor to be afforded the privilege of instructing the Air Force's best and brightest flyers, and that challenge is not taken lightly. A better relationship between ops and maintenance can only equate to enhanced combat capability for the United States."



Courtesy photo

Heritage Way

Motor Pool Drive became Heritage Way April 14 in preparation for the completion of the Sheppard Heritage Center renovation project. The Heritage Center, which is scheduled for a grand opening June 14, is located on the newly renamed road.

America needs leaders ... all of you

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing commander

This is a time of great challenges.

In our global war against terrorism, we confront enemies to our way of life, those who threaten the security of all the free nations of the world. The path to victory will surely be marked with obstacles, and our struggle will not be without sacrifice.

Yet, one thing is assured: Good will conquer Evil. What defines us today, and what has always defined us, is the strength of American determination and values.

The history of our country is rich with the stories of unwavering leaders who set the example for all to follow, turned dreams of progress into reality, seized

opportunity out of adversity, and guided our nation through its brightest and darkest episodes.

Presidents from George Washington to George W. Bush, generals from Ulysses S. Grant to Henry H. "Hap" Arnold, and social reformers from Susan B. Anthony to Martin Luther King Jr. all have something in common: they were great Americans who rose to the challenges of their times. They chose to lead, and they made a difference.

But you don't have to be a politician, a general or anybody famous at all to make a difference. In fact, it's the everyday people who count the most. Our greatest leaders knew this.

Dr. Martin Luther King Jr. pointed out that, "Everyone can be great, because everyone can serve."

In our service to our communities, we all have the opportunity to make our world a better place, and we should make it our duty.

First Lady Eleanor Roosevelt reminded us that, "our own success, to be real, must contribute to the success of others."

Whether it's by reaching out to help the military families whose loved ones are now deployed far from home, offering aid to those in our community who are less fortunate, volunteering time to be a mentor and a role model to children, or simply making donations to a worthy charity, the work that we do as individual American citizens to better our society is critical.

As our Commander-in-Chief declared in his inaugural address, "The most important tasks of a democracy are done

by everyone."

Anyone who serves the community sets the example for others; this is leadership, and America needs leaders.

Most of us have heard that famous quote by President John F. Kennedy, "Ask not what your country can do for you ... ask what you can do for your country."

Some people might say that it's become cliché. I say that it's just as relevant today as ever before.

In these difficult times, America is counting on all of you to lead ... to serve our nation in the best way that you can. That service starts here at home, right here in our communities. So, I challenge each of you: find a way to make a difference, and lead the way!

A tribute to the greatest

By Col. Ralph Jodice

80th Flying Training Wing commander

In this time when America's armed forces are called upon once again to defend the values that we cherish as a free nation, I'm reminded of the many heroes who have come before us and the many who have made the ultimate sacrifice for the cause of freedom.

Recently, I had the chance to meet one of the members of the greatest generation, retired Navy Engineman 1st Class John Blair, a veteran of the Battle of Iwo Jima who now lives in Lawton, Okla.

Spending time with the heroes of past wars is one of the most rewarding opportunities that I have as a wing commander, and I'm deeply humbled by the contribution that these individuals have made in their serv-

ice to our country. These veterans have showed us all the true meaning of our Air Force core value, "Service Before Self."

When I think about the sacrifice made by the generation who fought in World War II, which includes my dad and my father-in-law, I'm reminded of that famous photo of the Marines at Iwo Jima who raised the American flag atop Mount Suribachi in February 1945. America suffered more than 28,000 casualties in that battle. More than 6,800 Marines, sailors, and soldiers gave their lives. The battle for Iwo Jima was one of the bloodiest in our history, and it marked the beginning of the end for our war in the Pacific.

Our flag flies today because of the heroes of the greatest generation and every hero of every great generation who has been called upon to defend our way of life. We owe a debt of grati-

tude to our nation's veterans, and we must never forget those who paid the ultimate price for the freedom that we enjoy.

Now, these heroes have passed the torch to us. We must continue in their footsteps and be guided by their example.

Former President Ronald Reagan, speaking at Omaha Beach on the 40th anniversary of the Allied invasion at Normandy, said of the heroes who fought there, "We will always remember. We will always be proud. We will always be prepared, so we may be always free."

We have been given a charge to be the next greatest generation, to fight for the values that America and all the Free Nations of the World hold dear. Let us remember those who have fought before us, and let us now continue the fight so that future generations may be free.



Photo by Ms. Debi Smith

EN1 John Blair, USNR (Ret.), stands with Col. Ralph Jodice, 80th Flying Training Wing commander, at the 58th Annual Iwo Jima Survivors Reunion.

Get off the couch, out the door: Volunteering offers something different

By 2nd Lt. Laura Renner

Base public communication

When I come home from work, I immediately jump out of my uniform and land on my couch with my dog in my lap and the remote in my hand. Volunteering is the farthest thing from my mind as it slumps into dead mode after a hard day's work.

Yet volunteering provides many benefits to the volunteer and the organizations

that use them. These organizations, for whatever reason, cannot afford the help they need to accomplish their mission. They need more volunteers.

Many people claim they don't have enough time to donate. They spend a lot of time at work or with their families.

"People can volunteer as little time as they want or as much time as they want," said Ms. Linda Plummer, the volunteer resource program manager at the family support center here. "There are pro-

grams like Meals on Wheels, where people deliver food to shut-ins, and Partners in Education, where people mentor students in the local schools, that people do during their lunch hour."

Others say they don't have any talents to offer to volunteering.

Programs like Meals on Wheels only require the capability to drive. Other programs have ways to overcome the lack of talent.

"Most volunteer agencies are willing

to train people," said Ms. Plummer.

2nd Lt. Jessica M. Phelps has volunteered for programs that require training and some that don't.

Lieutenant Phelps volunteered in a program that took children and teens rock climbing and white water rafting, she said.

"We were trained for the youth's physical safety," Lieutenant Phelps said.

See VOLUNTEER, Page 10

Heritage committees to hold Taste of Culture

The Hispanic and Asian Pacific-Islander Committees will hold a "Taste of Culture" Cook-Off Wednesday from 11 a.m. to 12:30 p.m. at the community center. Tickets cost \$5 and include drink. The committees will serve authentic Asian & Hispanic foods. For more information, call Ms. Shirley Herwig, Asian Pacific-Islander Committee, at 6-3291 or Master Sgt. Marlon Pesantez, Hispanic Heritage Committee, at 6-3039.

Family support center to hold recognition social

The family support center will hold the annual Volunteer

Recognition Social Wednesday from 2:30-4 p.m., at the officers club ballroom. Awards for the Volunteer of the Year and the Volunteer Excellence Award will be presented. Dress is uniform of the day. RSVP to the family support center at 6-4358 to help determine seating requirements.

First Sergeants Council to hold brisket bake

The Sheppard First Sergeants Council will hold a barbecue brisket bake May 2 from 10:30 a.m. to 1 p.m. at the north chapel annex. They will serve BBQ brisket, beans, chips and soda. Tickets cost \$5. Pre-paid tickets only. Purchase tickets from your

first sergeant.

CGOC to host enlisted appreciation day

The Sheppard Company Grade Officer Council will host a Sheppard Enlisted Appreciation Day May 9 at the hospital pavilion from 11 a.m. to 1 p.m. The event includes a barbecue. It's free to enlisted personnel. Officers pay \$5. In case of inclement weather, it will be moved to the enlisted club. For more information, call Capt. Delores Anderson at 6-4418.

Children learn how to be home alone

The base family advocacy program offers a class for children,

ages 9 to 11, to learn how to help keep themselves safe when they are at home alone. The Home Alone Class is offered quarterly, and class sizes are limited. Call 6-2271 to schedule.

Chapel holds Holy Communion services

The base chapel will hold a Protestant Holy Communion service every Sunday at 10:30 a.m. at the hospital chapel. Everyone is welcome to attend. For more information about the services, call Chaplain (Capt.) Sarah Shirley at 6-7281 or 642-4941.

Housing residents to keep streets clean

Base housing residents need

to not only maintain their yards and carport areas, but also the area from their curb to the middle of the street. Residents are asked to not blow grass clippings and leaves into the street. For more information, call the 82nd Civil Engineer Squadron at 6-5769.

Vernon College to change to summer hours

Vernon College will change their on-base administrative office hours for the summer starting May 12 through Aug. 15. The office will be open Monday through Thursday from 7:45 a.m. to 5:15 p.m. and will be closed on Fridays. Call 855-2203 for more information.

Student Activities

Happenings on base and in the community

Student center events

Every Monday, 6-8 p.m. - jam session, bring your own instrument/equipment.

Every Tuesday, 5-8:30 p.m. - Video Night in the pub.

Every Wednesday, 7-9 p.m. - Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B music.

Every Thursday, 5-9 p.m. - Karaoke Night.

Every Friday and Saturday, 7-11:30 p.m. Club BDU dance.

Every Sunday, 3-5 p.m. - billiards tournament in the pub.

Hours of Operation

Monday-Thursday: 10:30 a.m. to 10 p.m.

Friday and Saturday: 10:30 a.m. to 1 a.m.

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

Center to hold karaoke contest

The student center will hold a karaoke contest Saturday from 7-9 p.m. All students are invited to show their talents. Admission is free. For more information, call the center at 6-7659.

Center to hold cards, collectibles show

The student center will hold a cards and collectibles show May 3 from 10 a.m. to 5 p.m. Admission is free. Anyone who loves to collect sports cards or collectibles is welcome to attend. For more information, call 6-7659.

Car, travel show to roll onto base in May

The base will have a car and travel show May 10 at the BX parking lot from noon to 4 p.m. Registration deadline is May 3. The cost is \$8 per entry. There will be free hot dogs, chips and drinks, entertainment and other activities. Registration forms are available at outdoor recreation, Bldg. 2117, or call 6-4141, and at the student center, or by calling 6-2471.

Club BDU to celebrate with special dance

The student center will hold a special Club BDU dance May 25 from 7 p.m. to 1 a.m. There will be DJ music for hours of dancing. Call 6-7659 for more information.

Student center to cookout and race beds for Memorial Day

The student center will host a Memorial Day celebration with a cookout and a bed race May 26 from noon to 4 p.m. Register at the student center. Deadline is May 14. The Memorial Day celebration and cookout will be in the central park on the north side of the student center. There will be free food, including hamburgers, hot dogs and baked beans, and DJ entertainment. A team of five from each training squadron will compete against the clock for recognition. There will also be awards and prizes for the fastest, best decorated bed and overall team spirit. For more information, call 6-7659.

Club BDU to honor Armed Forces Day with dance

Club BDU will hold a dance for Armed Forces Day May 17 from 7 p.m. to 1 a.m. Call 6-7659 for more information.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

All students are invited to the "Solid Rock Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 3-9 p.m.

Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, ending with athletic activities at the north fitness center.

Other events

Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form.

Students should indicate their entree choice and when they want to celebrate. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



Photo by Mr. T. R. Steele

Boss tossin'

Master Sgt. William Concentin, chief military training leader at the 360th Training Squadron, fights to stay on a fake bull powered by the strength of students from the 360th TRS. He rode the bull as part of the recent Toss Your Boss Contest at the student center April 1.

Sgt. Looksharp says...



NPS airmen are only authorized to utilize tobacco products at their dormitory designated area or central park. Ref: AETCI 36-2216/SAFB Sup 1, para 9.2.

Airmen will use sidewalks, troopwalks, or established routes of march. Airmen will not cut through grass, squadrons, drill pads, parking lots, or use other short cuts. Ref: AETCI 36-2216, para 6.10.2.

Road guard vests, belts, or sleevelets are mandatory for road guards and formation commanders when entering traffic. Ref: AETCI 36-2216, para 6.10.3.

For movie show times and general activities at Services facilities, see Sheppard Scenes on Page 16.



Photo by Mr. T. R. Steele

Made the grade

Mr. Rob Pflager, general manager of the Sheppard/Altus/Fort Sill base exchanges, presents Ryan Medrang with a U.S. savings bond check for \$5,000. Ryan won the savings bond sweepstakes through the You Made the Grade program held by Army and Air Force Exchange Service. The program rewards students who earn an overall “B” average or better with a coupon book and an entry form for a savings bond sweepstakes. This is the second time a Sheppard family member has won the \$5,000 savings bond.

250 Sheppard members earn degrees

By Ms. Lynn Gonzales
Base public communication

Two hundred and fifty Team Sheppard members will graduate with their associate’s degrees from the Community College of the Air Force today.

CCAF will award 262 Associate of Applied Science degrees to members during a commencement exercise at 2 p.m. in the base theater.

Receiving associates degrees are Senior Master Sgt. Ingrid Fitzpatrick; Master Sgts. Arthur Ben-

dolph Jr., Steven Bennett, Michael Blakeman, Boyd Bryant Sr. (receiving two degrees), William Cassel, Abel Garcia, James Green, John Gropp (receiving two degrees) Patrick Hastwell, Joseph Hebert, Robert Lee Jr., Vimelda Lewis, Robert Kelley, Don Mabee, Edward Montgomery, Susan Neil, Juventino Quintanilla, Shaun Rohmiller, Mark Royal, Stephen Schade, Billy Shackelford Jr., Rock Stoddard (receiving two degrees), William Thiess Jr., Jerome Trotta and Johnnie Williams Jr.

Also receiving degrees are Tech. Sgts. Nathan Adams, Michael Broeker Jr., Timothy Cameron, William Casteen, LaRae Chapman, April Colby, Craig Colby, Michael Cumella, Kevin Curren, Kenneth Dowd, Eric Dudash, Deborah Evans, Wesley Evans, Carolee Everett, David Everett, Travis Fellingner (receiving two degrees), James Griffin, Jeanette Gunn, Thomas Hall Jr., Timmy Hawley, David Hendricks, Scott Hopkins, Barry Huppert, Stephen Hurt, Michael



Photo by Mr. T. R. Steele

Qirk the Hobo Clown, a.k.a. Maj. Jeffery Johnson, shows Clayton Kettell, son of Master Sgt. Troy and Shawna Kettell, and Hillary Sykes, daughter of Staff Sgt. Ronald and Donna Sykes, a magic trick at the Take Our Children to Work Day luncheon April 18.

Luncheon welcomes children, features clowns

By 2nd Lt. Ellen Harr

Base public communication

The annual Take Our Children to Work Day luncheon took place at the officers club April 18.

Maj. Jeffery Johnson, 382nd Training Squadron, spoke to the crowd in the guise of his clown persona, "Qirk the Hobo Clown."

The event focused on the numerous children who attended. Lt. Col. Dana Howard, known for the day as "Dana the Delightful Clown," welcomed the children as special guests. Chaplain (Capt.) Sarah Shirley led the audience in an invocation song and the officers club served a child-friendly meal of chicken nuggets, French fries and pizza.

Speaking as "Qirk," Major Johnson explained the concept of "USA."

"Use your team, that's what 'U' means. Your team is your family, and we're all a part of the Air Force team," he said. "'S' stands for set your goals, and 'A' stands for attitude. With attitude you can change your self esteem and become a better person."

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander,

closed the event by quoting the children's book, "Oh the Places You'll Go" by Dr. Seuss. He also noted the importance of the jobs that each child's parents do every day.

"Be proud of your mom and dad," he said. "We're very proud of them for being a part of the world's greatest Air Force."

The Take Our Children to Work Day started as a program for girls. The Take Our Daughters to Work Program began about a decade ago.

"The program was developed to expose girls to expanding opportunities for women in the workplace," said Ms. Sherry Murray-Garrett, equal employment opportunity chief and women's history program chairperson. "It tells girls, 'You can be anything you want to be,' and addresses the self-esteem problems that many girls experience when they enter adolescence."

"The base women's history program changed the name to Take Our Children To Work Day in 1999 to include the boys, so they can learn to work together to bring about a more equitable world - at home, at school and at work," she concluded.



Photo by Staff Sgt. Sean White

Air power

The Thunderbirds, the Air Force's premier aerial demonstration squadron, perform a trail formation, one of their signature maneuvers. The Thunderbirds will perform at Sheppard's Centennial Air Power Celebration, the air show commemorating the Wright Brothers' first flight, on June 15. A variety of other aerial demonstrations and activities will be featured during the June 14-15 open house weekend. For more information about the air power celebration, watch for coverage in *The Sheppard Senator*.

**Be smart. Stay safe.
Don't drink and drive!**

VOLUNTEER

Continued from Page 4

"But our purpose was to listen to them and be their friend. That's what children and teens really need."

Phelps also participated in Give a Child a Christmas. She said she and her husband spent a day with a child shopping at the BX, watching a movie at the base theater, and playing games and enjoying a Christmas party at the youth center.

"All we did was spend time with a child," Lieutenant Phelps said. "We didn't need any training for that."

Still some say they don't want to volunteer if they aren't going to get paid for it.

Many don't realize the intrinsic benefits of volunteering.

The Points of Light Foundation and Volunteer Center National Network states the intrinsic benefits of volunteering on its Web site: www.pointsoflight.org. The nation's leading advocate for and authority on volunteering is a program founded by former President George Bush in 1990.

"Individual volunteering is beneficial because it helps build self-esteem, passes on social values and instills the responsibility of volunteering as a personal commitment by giving back to the community through service," the Web site stated.

At the same time, people who find dissatisfaction in their jobs can find great pleasure in volunteering because they can receive many other rewards.

"Job satisfaction is the number one reason people volunteer," said Ms. Plummer.

Points of Light Foundation's Web site states, "Through volunteer service, people can strengthen and improve the quality of life within their communities, and help themselves and others to live happier, healthier and more productive lives."

Volunteering gives back to the community. It helps out organizations that need the resources volunteering provides. It does not take as much time or effort as people might think.

National Volunteer Week starts Sunday and ends May 3. People should take this opportunity to give back to the community and volunteer.



Photo by Mr. T. R. Steele

Shirts' donation

Members of Sheppard's First Sergeants Council present a check for \$700 to Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and Chief Master Sgt. Lupe Ruiz, 82nd TRW command chief master sergeant, for donation to the Enlisted Widow's Fund. The donation will be combined with a \$700 donation from Sheppard's Top 3, for a total of \$1,400.



Courtesy photo

People should not drop off used oil or other chemicals for disposal at the auto skills center when the facility is closed. The center accepts these items during its normal hours of operation.

Auto skills center to change hours

The base automotive skills center will have new hours of operation beginning Thursday.

The new hours are: Mondays, Thursdays and Fridays, 1-9 p.m., and Saturdays and Sundays, 9 a.m. to 5 p.m. The center is closed Tuesdays and Wednesdays.

The auto skills center is the central turn in point for certain types of household hazardous wastes, such as petroleum products, anti-freeze, oil filters and other lubricating oils.

People must not drop off items for disposal while the auto center is closed.

Items should be held by the owner and disposed of during normal hours of operation or turned into trained personnel at the 82nd Civil Engineer Squadron for storage and proper disposal.

All items being brought to the center for disposal should be in containers that are compatible, properly sealed, non-leaking and safe to handle. Oil, anti-freeze and other lubricating products should be of the same type and must not be commingled with water or any other foreign contaminant.

Those bringing household petroleum products in for disposal should go to the front office and sign in with shop personnel.

For more information, call Mr. Art Struckman 6-4110. *(Courtesy of the auto skills center)*

Soundoff

What is your favorite on-base activity?



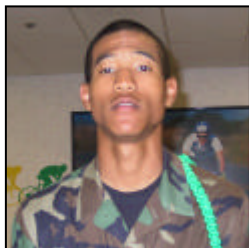
"I like going to the bowling lanes." – Ms. Mandy McKito, base public communication marketing



"I like going to the community center and getting on the computers there." – Army Sgt. Cleve Boyd, 82nd Security Forces Squadron



"Taking my kids to the youth center." – Staff Sgt. Melissa Liddy, 882nd Training Group



"Playing basketball at the fitness centers." – Airman 1st Class Leon Grier, 366th Training Squadron



"I enjoy going bowling." – Capt. Serkan Ulusoy, Turkish Air Force, 89th Flying Training Squadron

CGOC 'First Friday' builds esprit de corps

By 2nd Lt. Ellen Harr

Base public communication

The "First Friday" program, sponsored by the Sheppard Company Grade Officer Council, began at the officers club in January 2003.

Since the 82nd Training Wing officer's calls generally occur on the first Friday of each month, the CGOC created an event for officers to attend after the officers call.

"We came up with the idea last year to have an event at the officers club after officers calls. We wanted people to look forward to spending Friday at the officers club," said 2nd Lt. Nehal Desai, vice president of the CGOC. "The idea was adapted from other bases. The

CGOC sponsored the first one, which had a 'Ski Lodge' theme, and then we opened it up to other groups and squadrons within the 82nd Training Wing on a volunteer basis."

Company grade officers plan each event, including entertainment, food and drinks centered on a particular theme. Since a different group sponsors the event every month, themes change regularly. Other past themes include a ski lodge, Mardi Gras, St. Patrick's Day and disco. After the formal officers call, the "First Friday" events take place. Company grade officers sell tickets for food and drinks, and all grades of officers are encouraged to stay and socialize.

See FRIDAY, Page 18



Photo by 2nd Lt. Ellen Harr

Capt. Lawanda Washington, 381st Training Squadron, purchases tickets from Captains Brenda Griffith, 82nd Medical Operations Squadron; Delores Anderson, 882nd Training Support Squadron; and Clynise Simpson, 82nd MDOS. The officers are participating in "First Friday," an event that builds camaraderie.

Sheppard Spotlight: 15 lines of Fame

- 1. Name:** Christopher Evans
- 2. Rank:** Master Sergeant
- 3. Organization and position:** 82nd Mission Support Squadron, chief of personnel systems management.
- 4. Hometown:** San Francisco.
- 5. Married or single:** Married to Master Sgt. Tracy Evans.
- 6. Hobbies or favorite thing(s) to do in your free time:** Running and lifting weights.
- 7. Funniest childhood memory:** End of daylight saving time. As a kid, I took "lose an hour" of sleep too literally. Instead of getting up when the clock struck 6:30 a.m., I would get up at 5:30 a.m. It took my older brother a whole week to convince me that I still could stay in bed until 6:30 a.m.
- 8. Why did you join the Air Force?** My father was an Air Force veteran. I remember listening

to his war stories and seeing pictures of all the people he was fortunate enough to know and places he's been. I was ready to leave home and start my journey.

9. Why do you stay in the Air Force? I still enjoy serving my country. Also, the educational benefits are outstanding.

10. Date Arrived at Sheppard: Dec. 12, 2001.

11. Most rewarding aspect of your job: Watching my work turn into a successful end product from behind the scenes.

12. Favorite book or movie: *Friday* and *Crimson Tide*.

13. What is your dream vacation: The Cayman Islands.

14. If you could be anyone for one day, who would you be? Not sure.

15. Most prized possession: Memories.



Master Sgt. Christopher Evans

General activities

Give Parents a Break Program held monthly

The Give a Parents a Break Program is being held by the child development center the first Saturday of every month from 1-5 p.m. The next session is May 3. Those eligible to use the program include parents of children 6 weeks through 5 years old whose spouse is deployed, on extended TDY or required to work extended shifts. Also included are those parents who have been experiencing extenuating family circumstances such as the birth of a baby, serious illness of a family member, death in the family or extended illness of a family member. Register two weeks in advance or call to check on availability. The last day to register is the Wednesday before the Saturday session. Call 6-2038 for more information or dates.

Base pool passes now on sale for season

Base pool passes are now on sale at Bldg. 2117. Passes for individuals cost \$35, and family passes cost \$65. Swim season starts in May. Call 6-4141 for more information.

Lake Texoma to celebrate Mother's Day with breakfast

Sheppard Annex Lake Texoma will have a Mother's Day breakfast special May 11. The breakfast will include two pancakes and sausage or bacon for \$1.99. For more information, call (903) 523-4613.

Club activities

Big gong karaoke to hit enlisted club

The enlisted club will have a big gong karaoke night Saturday from 8-10 p.m. People must be a member to enter the contest. Membership pays! There will be an open mike and a dance after the contest. For more information, call 6-2083.

Family officer club night to take place Thursday

The officers club will hold a family officers club night Thursday from 5-8 p.m. Members cost \$5.95, and non-members pay \$8.95. Membership pays! Children 6-12 years old cost \$2.95, and children 5 and under eat free. There will be food and games. Call 6-6460 for more information.

Membership appreciation night, spring fling to rock enlisted club

The enlisted club will hold a membership appreciation night and spring fling Wednesday from 5:30-8 p.m. Members get in free, and non-members pay \$7.95. Membership pays! There will be give-aways, bingo and other entertainment. For more information, call 6-2083.

Officers club to have Saturday upscale dining

The officers club will have upscale dining May 3 from 5-8:30 p.m. People can order off the chef's special menu. All ranks are welcome. Call the officers club at 6-6460 for more information.

Upcoming trips, shows

Disney on Ice performs in Wichita Falls

Disney on Ice will perform at Kay Yeager Coliseum through Sunday, with Saturday designated as Military Appreciation Night. Shows begin at 7:30 p.m. Tickets are available through ITT for \$25, \$15, \$12 and \$9. *No federal endorsement of Disney on Ice is intended.* Call ITT at 6-6210 for more information.

ITT to host trip to Hawaiian Islands

ITT is planning a two-island Hawaiian vacation starting Nov. 8. The trip includes four nights on Oahu and three nights on Kauai departing from Oklahoma City. A \$200 per person deposit is due Wednesday. The total package price per couple is \$3,450. This tour includes all airfare, from Oklahoma City to Honolulu, Honolulu to Kauai, Kauai to Honolulu and Honolulu to Oklahoma City. Hotel transfers are also included. The host hotel in Honolulu is the Outrigger Reef on the Beach, and the host hotel in Kauai is the Holiday Inn Sunspree Resort. Continental breakfast is included each morning in Kauai. The stay in Honolulu also includes a Circle Island Tour, a day at the Polynesian Cultural Center with dinner and a luau. The stay in Kauai includes a tour visiting Wailea River, Fern Grotto and Waimea Canyon. For more information, call ITT at 6-2302.

ITT planning upcoming trips in May

ITT is planning several trips for the month of May. Call 6-6210 for more information about any of these trips.

May 3 - JFK Museum, West End Marketplace and Galleria Mall Shopping, cost is \$23 per person.

May 10 - Fort Worth Zoo and Fort Worth Water Gardens, cost is \$23 per person.

May 17 - Six Flags Theme Park, cost is \$38 per person.

May 24 - Scarborough Faire and Medieval Times, cost is \$70 per person.

ITT to hold travel show with booths, prizes

ITT will hold a travel show May 8 from 11 a.m. to 1 p.m. and 4-7 p.m. in the community center. Admission is free. There will be door prizes, entertainment and vendor booths. Call ITT's leisure travel office at 6-7018 or 6-7014 for more information.

At the Flicks

Friday 6:30 p.m.

Daredevil

Friday 9 p.m.

Tears of the Sun

Saturday 2 p.m.

Willard

Saturday 4:30 p.m.

Agent Cody Banks

Saturday 7 p.m.

Tears of the Sun

Sunday 2 p.m.

Agent Cody Banks

Sunday 4:30 p.m.

Tears of the Sun

Thursday 6:30 p.m.

Agent Cody Banks

This schedule is subject to change without notice. For movie information, call 6-4427.

Daredevil (PG-13) - Ben Affleck, Jennifer Garner - Attorney Matt Murdock is blind, but his other four senses function with superhuman sharpness. By day, Murdock represents the downtrodden. At night, he is Daredevil, a masked vigilante stalking the dark streets of the city, a relentless avenger of justice.

Tears of the Sun (R) - Bruce Willis, Monica Bellucci - Lt. A.K. Waters, an officer of a Navy S.E.A.L. unit. Lt. Waters travels to war-torn Nigeria to rescue Dr. Lena Kendricks, a U.S. citizen who runs a

mission in the countryside. But, Dr. Kendricks refuses to abandon the refugees under her care, so the rescue team escorts them through the dense jungle to the nearby border.

Agent Cody Banks (PG) - Frankie Muniz, Hilary Duff - Cody Banks seems like a typical teenager, but he's an undercover agent for the CIA. His first mission is to become the boyfriend of a dreamgirl to spy on her father. But the CIA didn't teach Cody how to talk to girls. He has to use his secret agent training to save the world and get a date.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 3-9 p.m., Solid Rock Cafe, South Chapel

Saturday, 3 p.m., Marriage Group, South Chapel

Sunday, 5 p.m., Sunday Evening Gathering, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., North Chapel

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

Sunday, 10:30 a.m. Protestant Holy Communion Service, Hospital Chapel

Religious education

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:00 p.m., Protestant Bible Study, South Chapel

Thursday, noon, Protestant Bible Study, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel, South Chapel

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 7 p.m., Bldg. 962, call Kalista at 6-4370

Buddhist activities, call Terry Kelley at 6-4963 or 322-7389

For more information, call the base chapel at 6-4370

CCAF

Continued from Page 7

Jackson, Christopher Johnsen, Dave Jones, Neal Jones, William Keppner, Russell Knox, William Little, James Maertz, Nickie Maggard, Frederick Major, Gregory Marin, Guillermo Martinez, Joel Matte, Johnny McKenzie Jr., Shane Meister, Mark Mohedano, Lauri Mokiao, Edwardo Morales, Scott Norstad, Albert Peinado, Arnaldo Rodriguez-Matos, Douglas Scalf, Kevin Scharwath, Kevin Scholz, James Sims, Gregory Stevens, Robert Stewart, Jason Swapp, Jene Thomas, Brian Thompson, Anthony Uebel, Randall Voy, Bradley Warner, Corey Weiland, Brien Wells, Ronald Witt, James Woody, Rodney Woolever and Dean Zoet; and Staff Sgts. Paul Abraham, William Acevedo, Monica Adams, Jose Aguirre, Ruben Alaniz, James Altieri, Jeffrey Andrews, Scott Azbell, Judith Baird, Steven Barnes, Daniel Barrientos, Brent Batten (receiving two degrees), Michael Beltz, James Berry, Anthony Bess (receiving two degrees), Jonathan Bietz, Bradley Boland, Gary Bolen, Jarom Boyes (receiving two degrees), Alejandro Breceda, Martin Brown, George Buhat, Roger Busse Jr., Christopher Calhoun, Jean-Luc

Calouro, David Clements, Daniel Cockrell, Ryan Coffey, Cody Cole, Christine Coody, Donald Coriere Jr., Philip Cox, James Craig, Keric Craig, David Crawford, Rodney Cronrath, Arnaldo Cuevas Jr., Jeffrey Donelson, Aaron Doughty, Chistopher Dunbar, Matthew Dutton, Brian Ervin, Timothy Fogleman, William Ford, Flavia Gagin (receiving two degrees), Sondra Gaudet, Randall George, Joseph Goines II, Sherman Hadwen, Timika Hall, Jessica Hardy, Jeffery Harper, Michael Harvey, James Hennesey, Patrick Henry, Adam Henson, Gerardo Herrera, Monica Herring, Joy Hice, Jeremy Higgins, Wendell Hill, Charles Hogan, Lisa Hough (receiving two degrees), Joseph Kepner, Gregory Kirk, George Knight Jr., Brandon Kooyers, Joseph Jackson, John Jacob, Darrel Jermain, Carl Johnson, Brian Jolly, Joye Lamme, Thomas Larson, Ulys Layne, Brian Leedom, Brandi Limardo, Kristofer Lopez, Todd Luikart, Kenneth Lynch, Donna Mailloux, Emery Makany, Andre Marbley Jr., Jose Martins, Kahlil Masseke-Harvey, Jonathan May (receiving two degrees), Brian McComb, Joshua McGuire, Derrick McLaughlin, Aaron Medina, Daryl Merwin, Curtis Miller, Robert Miller, Michael Mulligan, Ronald Nason, Jerry Newland Jr., Jeremy Page, Scott Page, Walter

Pagoaga (receiving two degrees), Gary Phillips Jr., Daniel Phillips, Christian Price, Ronald Rall Jr., Michael Ratliff, David Reeves, Christopher Regier, Paula Ridgel, Nicholas Riebe, Joseph Robinson, Melinda Robinson, Yolandra Rodriguez, Trina Roulston, Everette Route, Thomas Ruffing, Nathan Savchenko, Kristian Schroer, Justin Seigrist, Earl Shafer II (receiving two degrees), Sherri Shaw, Aaron Sikes, Patrick Simpson, Tony Singleton, John Simien Jr., Charles Smith, Eric Standifer, Donald Stroud II, Christopher Suess, John Taylor, Mark Thomas, Paul Thompson, Nicholas Velazquez Jr., Damien Vita, Corey Voegel, Russell Wagner, Jason Walters, Charles White, Joey Williams, Stephen Williams and Douglas Woods; and Senior Airmen David Bender, Dylan Cook, Rodney Delhay, Horacio Diaz-Delossantos, Joshua Erickson, Alexander Fish, Jason Hrdina, Heath Miller, Michael Ragains, Jason Raines, John Romero, Beau Sinclair, Chantel Smith, Peter Van Doren and Christi Wester.

Other military service personnel receiving degrees are Army Sgt. 1st Class Kenneth Chapman, Dennis Little and Douglas Roth; Army Staff Sgt. Preston Perdue; Navy Petty Officer 1st Class Julio Sevillano; and Navy Petty Officer 2nd Class Emmanuel Cruz.

FRIDAY

Continued from Page 14

The intent of "First Friday" is to build esprit de corps and increase camaraderie among officers on base.

"I attend 'First Friday' to meet other officers and learn about other career fields," said 2nd Lt. Kathryn Richardson, 82nd Aerospace Medicine Squadron. "If we never left our assigned office buildings, we would never learn about the entire Air Force as a team."

"Our goal is to have an occasion to get everyone together and build esprit de corps among officers," said Lieutenant Desai.

The next "First Friday," which will take place after officer's call May 2, will have a warrior theme. Sponsored by the 782nd training group, the event will build on the visit of the Air Force Escape and Evasion Society to Sheppard. For more information about events sponsored by the CGOC, contact Lieutenant Desai at 6-3080.

Centennial of Flight

This week in air and space history



April 1943 - The first contingent of the Women's Army Auxiliary Corps arrived at Sheppard Field. The WAAC was never officially established and became WAC - Women's Army Corps in July of 1943.

April 19, 1932 - The first Goddard rocket with gyroscopically controlled vanes, for automatically stabilized flight, was fired.

April 19, 1971 - Salyut 1 becomes the first manned space laboratory.

April 20, 1930 - Charles Lindbergh and Anne Morrow set a transcontinental speed record from Los Angeles to New York, 14 hours, 45 minutes.

April 21, 1994 - Maj. Jackie Parker becomes the first U.S. woman to be qualified in a F-16 combat fighter.

April 22, 1988 - Daedalus '88: First human-powered craft flown from the island of Crete to Santorini, in the Mediterranean Sea.

April 24-29, 1990 - STS-31: Deployed the Hubble Space Telescope.

April 25, 1967 - Air Force Col. Joseph Cotton and NASA research pilot Fitzhugh Fulton made the first NASA flight in the XB-70A.



Photo courtesy of NASA

The Hubble Space Telescope, named after American astronomer Edwin P. Hubble was deployed this week in 1990. The telescope was designed for long-term use, made possible by regular servicing missions that repair or replace worn out or malfunctioning parts and upgrade equipment to the latest state of the art. It is the first scientific mission of any kind designed for routine servicing by spacewalking astronauts.

If you're selected,
complete the
Community Assessment Survey.
Your input
CREATES CHANGE.

Binge drinking, hidden dangers

By Staff Sgt. Laura Bermudez-Fox

NCO in-charge, ADAPT clinic

Why is it important to know the dangers of drinking excessive alcohol, otherwise known as binge drinking?

Some people may not realize that, in addition to causing interpersonal problems, motor vehicle crashes and other alcohol-related incidents, binge drinking can also cause the user bodily harm.

While having one or two drinks per week may be okay for some, more than half the people who do drink can't stop at just one or two drinks.

This behavior leads to binge drinking, which can be defined as the consumption of five or more drinks in one setting by

males or four or more drinks by females.

Alcohol is a very powerful depressant. When alcohol enters the bloodstream, it quickly travels to various parts of the body.

One of the areas of the body most affected by alcohol is the brain. Here, overuse can slow the bodily functions down to unhealthy levels.

When someone binge drinks, sometimes the body can't absorb the excessive alcohol as quickly as it needs to, leading to alcohol poisoning and acute intoxication.

Alcohol poisoning and intoxication can lead to many dangers to include loss of consciousness and respiratory arrest. In simple terms, it can stop the breathing and lead to the death.

Some people mistakenly believe that getting drunk is harmless fun, but the effects of alcohol can be seen with a blood alcohol concentration as low as 0.02 percent and after as few as only one drink.

At Sheppard, many students have been caught binge drinking, but everyone needs to be aware of the dangers of the excessive use of alcohol.

Irresponsible alcohol use can be avoided by planning ahead. Appointing a designated driver or having the number of Airman Against Drunk Drivers at 6-AADD readily available are examples of such plans.

For more information about binge drinking and problems with alcohol use, contact the Sheppard Alcohol and Drug Abuse Program at 6-6155.

For bios, fact sheets and *The Sheppard Senator*, visit the public communication Website at www.sheppard.af.mil/82trwpa.

80th FTW team clinches 2003 title

By Airman Jacque Lickteig

Base public communication

The 80th Flying Training Wing volleyball team hammered the 365th Training Squadron team in the two-game intramural volleyball championship tournament April 17 with a 15-3 victory in the first game and a 15-9 victory in the second.

The 80th FTW team dominated the 2003 season with a 12-0 record.

Ketil Moe, Stefan Koehl, Jeffrey Gast, Kathleen Langley, Jeffrey Leaper, William Alcorn, Kai Nordsiek, Steven

Ross, Dawn Stephens, Adrienne Jackson, Mark Dumas, Sabrina Moscot and James Dean, all members of the team, contributed to the team's success, said Moscot.

"Our team plays together and gets the points we need when we need them," said Stephens.

"The best part about this season is we used focus, attitude and teamwork to be successful," she said.

The 365th TRS team placed second this year.

The 82nd Civil Engineer Squadron team placed third.



Photo by Airman Jacque Lickteig

Kai Nordsiek jumps to hit the ball in the intramural volleyball championship game.

Get fit for the summer! Visit the north, south or main fitness centers for a wide variety of equipment and classes, plus pros with the know-how to help you get in shape.

Team Sheppard member bowls perfect game

A member of the base intramural bowling league rolled 12 consecutive strikes the last night of the season

By Tech. Sgt. David Greene
382nd Training Squadron

The intramural bowling season came to an end the night of April 18.

For some, the end of the season was just another night that meant summer is around the corner. To one bowler, it meant the last opportunity to make a name for himself.

Scott Sampson finished the

season on a positive note.

He bowled a 300 game, the pinnacle of this sport. He rolled 12 strikes in a row.

Each rolling ball may not have been perfect, but they were all strikes never the less, Sampson said.

"I would rather be lucky than good," he said after the game.

Sampson led his 381st Training Squadron bowling team to a first place finish, and there's no

better way to finish the season than with a perfect game, he said.

Sampson said he looks forward to the summer and the start of the league again in September.

For his achievement, he will receive a 300 ring from the American Bowling Congress. He will also receive a free bowling ball from the bowling center.



Photo by Airman Jacque Lickteig

Scott Sampson practices bowling at the south bowling lanes.

Intramural bowling standings

Pos.	Team	Won	Lost	Pos.	Team	Won	Lost	Pos.	Team	Won	Lost
1	381 TRS A	160	80	10	82 CPTS	131	109	19	364 TRS B	112	128
2	361 TRS	142	98	11	360 TRS B	129	111	20	362 TRS	112	128
3	187 MED	142	98	12	363 TRS	129	111	21	365 TRS A	112	128
4	360 TRS	138	102	13	MSS/SVS	125	115	22	366 TRS A	105	135
5	AMMO	137	103	14	364 TRS A	123	117	23	365 TRS C	103	137
6	382 TRS A	134	106	15	365 TRS D	120	120	24	366 TRS B	102	138
7	Med Group	132	108	16	365 TRS B	116	124	25	382 TRS C	93	147
8	82 COMM	132	108	17	383 TRS B	116	124	26	Ghost Team	0	0
9	383 TRS A	132	108	18	382 TRS	112	128				

Male bowler high scores

Scott Samson	300	691
David Sullivan	276	639
Brad Steadman	247	638
Eric Dudash	232	634
David Greene	229	602
Hendrick Rorije		626

Female bowler high scores

Michele Dodge	236	526
Annette Malit	203	552
Christine King	203	489
Vickie Sullivan	201	485
Janice George	182	475
Adinah Kimbley	171	487

Sports shorts

Armed Forces Fitness

Month to kick off Thursday

The Armed Forces Fitness Month opening ceremony will take place Thursday at 11 a.m. at the south fitness center. Sign up by May 2 at the south fitness center for the Armed Forces Racquetball Tournament and at the north fitness center for the three-on-three basketball tournament. For more information, contact any fitness center.

Golf 101 to hit Wind Creek Golf Course in May

The Wind Creek Golf Course is still taking registration for Golf 101. The fee is \$15 per person, and everyone is eligible. The classes will be Monday,

Wednesday and Friday from May 5 -16.

The hours are as follows:

May 5, 9 a.m. - 11 a.m.

May 7, 9 a.m. - 10 a.m.

May 9, 9 a.m. - 10 a.m.

May 12, 9 a.m. - 10 a.m.

May 14, 9 a.m. - 10 a.m.

May 16, 9 a.m. - 11 a.m.

The first day and last day of the classes will be two hours. For more information, call the Wind Creek Golf Course at 6-6369.

South lanes to hold Colorama Tournament

A Moonlight Colorama Tournament will take place at the south lanes Saturday at 7 p.m. Bowl with the lights out. The cost is \$13 per person. Call 6-2170 for more information.